

The 18th Annual Brookfield Family Chiropactic 5K Halloween Run



Date: Sunday, October 25

Time: 5 K Race begins at 10:00 a.m.

Race Day Registration 8:30 to 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration fee: \$20.00

Race Day Registration: \$25.00

Walkers welcome! Race features long-sleeve T's to first 350 registered, prizes to top runners in eight age groups, water station, splits at mile marks, prizes for best costumes, and excellent post race refreshments. USATF certified
#CT06013JHP.

Associate Sponsors:

Iovino Brothers Screenprinting and Promotion
98Q

14th Annual Kids K Fun Run



Date: Sunday, October 25

Time: Kids K begins at 9:30 a.m.

Place: Brookfield Municipal Center,
100 Pocono Road

Pre-registration Fee: \$10.00
(Includes prize and t-shirt)

No Race Day Registrations for KIDS K!

Kids K Age Groups: 5 and Under, 6 - 8, 9 - 12

**Please visit our website to download a
registration form.**

Special Events

Third Annual Canoe / Kayak Race

Sponsored by MannKind

Saturday, September 26th - 9:00 a.m. – 2:00 p.m.

Brookfield Town Park Beach

1-mile race for families, kids, adults, and seniors in all sized canoes or kayaks. 1- mile race fee is \$25 per person. Minimum age requirement for "solo" kayak is 13 years of age. Optional: Ironman (3 mile race) Fee: \$25 or additional \$5 with \$25 registration of 1 mile race.

Visit www.brookfield.org/pnr/index.htm for required registration and rules for participation. Free T-shirt to the first 100 registered, prizes to top finishers and post race raffles. Canoes / kayaks will be provided for those that need them. Actual start times will be e-mailed to you prior to race day.

First Annual "War Canoe" Races

Sponsored by MannKind

Saturday, September 26th - 12:00 – 2:00 p.m.

Brookfield Town Park Beach

No experience necessary! Canoes, paddles, life jackets and coaches provided by The Mountain Workshop. Youth group teams (maximum of 12 in the boat) Adult group teams (maximum of 8 in the boat) **Must register as a team.** Fee: \$20 per person Visit www.brookfield.org/pnr/index.htm for required registration and rules for participation. Free T-shirt to the first 100 registered, prizes to top finishers and post race raffles.

Annual Scarecrow Decorating Day



If you've ever seen people driving around Town with scarecrows sticking out of their trunks, they were probably on their way home from this popular event! Join us on Saturday, October 3 at 2:00 p.m. in front of the Brookfield Town Hall, 100 Pocono Road.

Please bring along old clothes (shirt and pants), string, scissors, a brown bag or sack for the head and whatever accessories you would like to decorate with. We'll supply the directions, hay, and stakes. And best of all, it's free! Don't forget to pre-register with the Parks & Rec. Office by calling 775-7310 if you are planning on attending. The rain date for this event is Sunday, 10/4.

New ~ The Great Outdoors

No one can be expected to care about and protect the natural world without understanding it. Students age 6-11 will explore the great outdoors though an afternoon of hiking and looking for woodland and pond creatures, games, experiments and projects. Meet at the entrance to Williams Park (across from the Brookfield Library) at 1:00 p.m. Pick up will be in the same location at 4:00 pm. Please bring a snack and drink, wear sneakers and sunscreen and dress for outdoor play.

Session 1: Monday, September 28, 1:00 – 4:00 p.m.

Session 2: Tuesday, November 3, 1:00 – 4:00 p.m.

Fee: \$15.00/session

Instructor: Jen Tomaino

Place: William's Park

Special Events, continued



Haunted House Workshop

Children age 3 – kindergarten and in grades 1 – 4 will decorate their own haunted houses using frosting, candy, and more. Wear a smock or old clothes, and be prepared for a

finger-licking good time! Please bring an empty, rinsed ½ gallon cardboard milk or juice container with you.

Instructor: Cathy Westervelt

Day: Saturday Date: 10/24

Place: Senior Center, 559B Federal Road

Fee: \$15.00

Time: Tots: 12:30 - 1:30 p.m.

Grades 1-4: 1:45 - 2:45 p.m.

9th Annual Trick or Treat at Town Hall

Parents and children (infants through grade 1) are invited to "trick or treat" at Town Hall this year on Friday, October 30.

Older siblings are also welcome. Office doors will be decorated, and we will be passing out lots of candy! Please be sure to dress in costume and to bring your own candy bag to hold all of your treasures. There is no charge for this event. However, we are asking that each child bring either a non-perishable, "kid-friendly" food item such as peanut butter, jelly, macaroni & cheese or canned spaghetti or ravioli for the food pantry or a monetary donation for the Brookfield Emergency Fund. The Emergency Fund is a non-tax dollar supported fund, which aids Brookfield families in crisis. The collection box for any items will be in front of the Parks & Recreation Office. Please pre-register by calling Parks & Recreation at 775-7310 by October 29.



Thanksgiving Turkey Workshop

Children ages 3 – kindergarten and in grades 1 – 4 will create a turkey centerpiece for their table. Please wear a smock or old clothes.

Day: Saturday Date: 11/21

Place: Senior Center, 559B Federal Road

Fee: \$15.00

Time: Tots: 12:30 - 1:30 p.m.

Grades 1-4: 2:00 - 3:15 p.m.

Instructor: Cathy Westervelt

New ~ Watercolor Christmas Card Workshop

Students in grades 2 – 6 will join professional artist Victoria Lange to design and illustrate a unique Christmas card using watercolor paint, suitable for digital replication to send to family and friends. Finished size approximately 6.5 x 4.5 inches. All materials are provided; please bring a #2 pencil and a snack and a drink.

Day: Saturday Time: 9:00 a.m. – 12:00 p.m.

Date: 12/5 Fee: \$25.00

Place: Senior Center, 559B Federal Road

Special Events, continued



Christmas Ornaments Workshop

Children in grades 1 - 4 will make a variety of Christmas ornaments.

Day: Saturday

Date: 12/19

Place: Senior Center, 559B Federal Road

Fee: \$15.00

Time: 2:00 - 3:15 p.m.

Instructor: Cathy Westervelt

Tots Holiday Workshop

Children ages 3 - 5 will create a holiday masterpiece using a variety of materials. Parents are encouraged to stay.

Day: Saturday

Date: 12/19

Time: 12:30 - 1:30 p.m.

Place: Senior Center, 559B Federal Road

Fee: \$15.00

Instructor: Cathy Westervelt



Letters to Santa

Receive a genuine letter from Santa Claus himself! Drop your child's personal letter in the North Pole Mailbox in the Parks & Recreation Office, or mail it to Santa, Attn:

Parks & Recreation Department at P.O. Box 5106. Your child's letter must include a self addressed stamped envelope. Santa himself will mail a personalized letter back in time for Christmas. In order for a timely response, letters will be accepted December 1 – 16.



The Wizard's School of Magic

Students in grades 1 – 4 will learn five magic tricks from Tom O'Brien, a full-time professional magician, whose credits also include appearances on the Fox 61 Morning Show and WFSB's Better Connecticut. Tom O'Brien is a master at his craft

and is a wonderful and entertaining teacher as well. All students will receive their own magic kits containing the props necessary to perform them at home, and a magic wand! Please register soon before the spaces – alakazaam - disappear!

Instructor: Tom O'Brien Fee: \$15.00 each

Abracadabra - Magic Workshop 1:

Thursday 10/1, 4:00 – 5:00 p.m. HHES Music Rm.

Hocus Pocus – Magic Workshop 2:

Thursday 10/22, 4:00 – 5:00 p.m. HHES Music Rm.

Presto – Magic Workshop 3:

Thursday, 11/5, 4:00 – 5:00 p.m. HHES Music Rm.

Alakazaam – Magic Workshop 4:

Thursday, 12/3, 4:00 – 5:00 p.m. HHES Music Rm

7th Annual Bock and Blu Holiday Concert Friday, December 4 in the BHS Auditorium



Join Bock and Blu and special guests at this concert sure to get you into the Christmas spirit. All profits benefit the Music Department of the Brookfield Public Schools. A representative from Operation E.L.F. will be on hand to collect new unwrapped toys. Watch for more information being sent through the schools and posted on our website in November.



Macy's Thanksgiving Day Parade

Join us on our thirteenth annual *pilgrimage*, enjoying all of the fun with none of the hassle!

Leave from Town Hall at 6:30 a.m., travel by coach bus to witness this NYC tradition, and still be home by approximately 1:30 p.m. to watch football and eat dinner.

Register before all the seats are *gobbled* up!

Day: Thursday

Date: 11/26

Time: 6:30 a.m.

Fee: \$36.00

Radio City Christmas Spectacular

Don't let the price fool you, we were able to purchase discounted orchestra tickets and pass the savings on to you. We'll be leaving from Brookfield Town Hall at 8:15 a.m. for an 11:00 a.m. matinee performance. There will be plenty of time after the show for shopping, sightseeing, and lunch/dinner, leaving NYC at 5:00 p.m. Fee includes ticket, complimentary soda or water and popcorn at Radio City, and coach bus transportation/driver gratuity. Please register early to avoid disappointment.

Day: Monday

Date: 12/7

Time: 8:15 a.m.

Fee: \$85.00

Outdoor Adventure Sports



Beginning Rock Climbing

This is a beginner-oriented program located at an outstanding natural climbing area. You'll be climbing real rocks, with professional facilitation and equipment provided. Our beginner location

features easy to challenging routes, ranging in height from 15 to 30 feet. Students ages 10 and up, joined by adults, have the opportunity to participate as part of the Family Adventure, giving them an opportunity to climb, as well as learn the belay skills necessary to keep climbers safe while on the rocks.

Meet at St. John's Ledges in Kent. Fee is \$60.00 per person.

Climbing for Adults/Families – 10:00 a.m. – 2:00 p.m.

Session 1: Saturday, September 19 (age 10 and over)

Session 2: Saturday, October 10 (age 10 and over)

Climbing for Adults Only – 10:00 a.m. – 2:00 p.m.

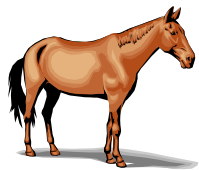
Session 3: Sunday, October 18

Instructor: Small World Adventures 860 350-6752

Horseback Riding Lessons

This 6-week course offers basic horse care, grooming, tacking up, and riding skills from beginner to advanced. In case of inclement weather, lessons will be held in an indoor ring. Register with the Parks & Recreation Office, and Brushy Hill Farm

will contact you directly to set up a mutually convenient lesson time. Lessons begin the week of September 27 (or at your convenience) and will last for six weeks, one hour each week. Brushy Hill Farm is located in Southbury, just 13 minutes from the flagpole in Newtown. Directions are available at the Parks & Recreation Office. Long pants and shoes with heel are recommended. Hard hats will be provided. Fee: \$295.00



W.E.R.A.C.E. - Western Connecticut Regional Adult and Continuing Education Danbury Community Resource Center 797-4731 Mandated Programs

Classes in Basic Reading, Basic Math, and Basic Writing; English for Speakers of Other Languages (ESL), Citizenship, GED (General Educational Development), and CDP (Adult High School Credit Diploma Program)



Basic Computing

This course is designed for individuals with no computer skills who wish to learn the basics of the windows operating system and the use of a word

processor, spreadsheet, and database. MS Works will be used in the course to teach word processing, spreadsheets and database use.

Day: Wednesday

Time: 6:30 – 8:00 p.m.

Dates: 10/28 – 12/2 (6 wks) Fee: \$185.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Word 2000 Level 1

Learn the basic skills needed to use this program. Copy, Cut, Paste, Save, Insert, Tables, and more will be covered.

Day: Monday

Time: 6:30 – 8:00 p.m.

Dates: 10/5 – 10/12 (2 wks) Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B



Microsoft Word 2000 Level 2

Learn how to prepare more complex documents. We will create a newsletter and in the process learn how to create headers and footers, import graphics and pre created text, create and format

tables and more. A working knowledge of MS Word is required. Course manual and disk provided.

Day: Monday

Time: 6:30 - 8:00 p.m.

Dates: 10/19 – 11/2 (3 wks) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000– Level 1

This class is designed for individuals who have little or no experience in using a spreadsheet. Class will teach use of simple formulas, charting, fill commands, nomenclature and more.

Day: Tuesday

Time: 6:30 - 8:00 p.m.

Dates: 10/6 – 10/13 (2 wks) Fee: \$65.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000 – Level 2

Working with a fictitious company, students will learn how to work with databases and lists, use logical, financial and date functions, format worksheets, insert, move and modify objects, link worksheets with 3-D references, use excel on the web, and use and customize templates. A course manual and disk are included.

Day: Tuesday

Time: 6:30 - 8:00 p.m.

Dates: 10/20 – 11/3 (3 wks) Fee: \$135.00

Place: Computertalk, 475 Federal Road, Unit B

Microsoft Excel 2000 – Level 3

Participants will master the following skills in this course: working with records and ranges; sorting, outlining and filtering lists; importing and exporting data; using pivot tables and pivot charts; using data analysis tools; protecting and sharing workbooks; managing workbooks with comments; data validation; and merging/linking workbooks. A course manual and disk are included.

Day: Tuesday Time: 6:30 - 8:00 p.m.
 Dates: 11/10 – 11/24 (3 wks) Fee: \$135.00
 Place: Computertalk, 475 Federal Road, Unit B

Microsoft Access 2000 – Level 1

This course will center on learning the basic features of Access. We will create a database complete with tables, forms, queries, and reports. We will also use features such as wizards and design view to help us create different database objects. Course manual and disk provided.

Day: Thursday Time: 6:30 - 8:00 p.m.
 Dates: 10/8 – 10/22 (3 wks) Fee: \$135.00
 Place: Computer Talk, 475 Federal Road, Unit B

Microsoft Access 2000– Level 2

For those who want to learn to create more complicated databases, the following topics will be covered: modifying tables in design view, using multiple data types, using the office clipboard, binding data and controls, creating multiple table queries, creating calculated fields, adding controls to forms and reports, creating web documents, using hyperlinks, backing up a database, printing database objects. Course manual and disk provided.

Day: Thursday Time: 6:30 - 8:00 p.m.
 Dates: 10/29 – 11/12 (3 wks) Fee: \$135.00
 Place: Computer Talk, 475 Federal Road, Unit B

Microsoft PowerPoint 2000 Level 1

The objective of this course is to teach you how to create a professionally designed presentation. You will learn a variety of skills that include the following: Use of the auto Content Wizard, creating a presentation from scratch, working in normal, slide sorter, and outline view, inserting specific slide types, modifying the sequence of slides, promoting and demoting text, adding speaker notes, formatting text, using master slides, using headers and footers, using bullets and more. Course manual and disk provided.

Day: Wednesday Time: 6:30 - 8:00 p.m.
 Dates: 10/7 – 10/21 (3 wks) Fee: \$135.00
 Place: Computer Talk, 475 Federal Road, Unit B

New~ Public Speaking Workshop

Polish your public speaking/presentation skills in a supportive environment: relaxation is the key! Learn easy techniques, "rehearse" and gain confidence with a coach experienced in varied corporate contexts. Perfect your own material or work with provided copy – either way, you'll be better prepared for your next moment in the spotlight.

Day: Thursday Time: 7:00 – 8:30 p.m.
 Dates: 10/8 – 11/12 (6 wks) Fee: \$73.00
 Place: BHS Classroom Instructor: Jan Neuberger

Digital and Film Photography

In just five weeks this class will have you using your camera like a pro. You'll learn what all those camera buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time on aesthetic issues. Weekly assignments will encourage you to practice and to develop your artistic sense. Charge up those batteries, grab your camera manual and camera, and let's have some fun.

Day: Thursday Time: 7:00 - 9:00 p.m.
 Dates: 10/1 – 11/5 (5 wks)-no class 10/15
 Instructor: Mary Ann Kulla Fee: \$70.00
 Place: Town Hall Mtng Rm.

**Click, Load & Print**

This class will demonstrate how to get your digital photos onto your computer, organize them, and make prints using your home printer or an online lab. Bring a memory card with some pictures you don't mind experimenting with, plus bring any connecting cables that came with your camera and your camera manual.

Day: Thursday Time: 7:00 - 9:00 p.m.
 Date: 11/12 (1 wk) Place: BHS Computer Lab
 Instructor: Mary Ann Kulla Fee: \$25.00

Photoshop Phun

In this class we'll make a card, use the Photoshop filters to turn a picture into a cartoon, or make a headshot into a painting. You'll learn how to put borders around your pictures to make them really stand out. Questions and experimentation will be encouraged. Computer familiarity and some knowledge of Adobe Photoshop is required because this will be a hands-on class. Please come to class with the book **Photoshop Elements 2 by Mike Wooldridge** from the "**Teach Yourself Visually**" series. (You can find these on Amazon for as little as \$.50.) If you have a laptop with a later version of Photoshop on it, buy the "**Teach Yourself Visually**" book for the version of Elements you have and bring it with you.

Day: Monday Time: 7:00 - 9:00 p.m.
 Date: 11/16 – 12/7 (3 wks)-no class 11/23
 Place: BHS Computer Lab
 Instructor: Mary Ann Kulla Fee: \$49.00

**Color Me Beautiful**

In this workshop, the participants will be introduced to Reinventing Yourself with Color Me Beautiful. If you are confused with your specialized colors, this introduction program provides you ways to recognize a personalized color identification of your natural coloring. You will learn the concepts that give you the right tools to make choices at home and in the store. Knowing what your best colors are and choosing which color is the best choice to wear will no longer be a problem and save you money when you purchase clothes. When you wear your personalized colors, you will feel younger, thinner, prettier and full of self-confidence. Even makeup can be color coordinated to your seasonal palette.

Day: Tuesday Time: 6:30 – 8:30 p.m.
 Date: 11/17 (1 wk) Fee: \$20.00
 Place: Town Hall Mtng. Rm. Instructor: Pat Rayner

New ~ Finding Your Family's History



Beginners and more experienced researchers welcome! Learn (or review) how to effectively research your genealogy using both traditional and on-line methodology from the President of the Connecticut Professional Genealogist's Council (with over 30 years experience). Census, Military and Immigration are just a few of the

topics covered in this eight-week course. Come prepared to take notes and break down some brick walls!

Day: Wednesday Time: 6:30 – 8:00 p.m.

Dates: 10/7 – 12/9 (8 wks) – no class 11/11, 11/25

Place: Brookfield High Room Fee: \$96.00

Instructor: Sandy Slifka

Chef Nina Wilson's Culinary Adventures

Impress your friends and family by preparing food normally reserved for special occasions in expensive restaurants, and learn tricks of the trade from a professional chef and former owner of the Brookfield Bistro. Sign up for all four classes for \$75.00 or individually at a cost of \$20.00 each. An additional materials fee of \$15 must be paid to the instructor at each class. Classes meet 6:30 – 9:00 p.m. in the Whisconier Home Ec. Rm. Bring an apron and your sense of adventure!

Tuesday, October 6: How to Make a Bistro Meal at Home

Get out your French accent ...the most delectable omelets, a croque monsieur, Soupe a l'oignon ... and much more.

Tuesday, October 20: Do you Sushi?

Learn to make it and use the chopsticks too. Don't like fish? California Rolls are vegan approved. Learn all about the accompaniments, too.

Tuesday, November 10: How to Cook Like a Chef

Add to your repertoire some money and time saving tips most chefs will rarely share... the secret to an amazing sauce, using fresh herbs...can you make pesto with walnuts?

Tuesday, November 24: Dessert Anyone?

Fruit tarts, how to make a mousse from scratch, and one of the Brookfield Bistros old favorites!!

New ~ Standard First Aid with CPR/AED for Adult, Infant, Child



Learn the skills needed to prevent, recognize and provide basic care for injuries and sudden illnesses until advanced medical personnel arrive. This course

covers first aid and adult, infant and child CPR in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. In addition to CPR, this course also includes training in using an automated external defibrillator (AED) on a victim of sudden cardiac arrest. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete.

Day: Tuesday Fee: \$90.00

Dates: 10/6 – 10/20 (3 wks) Time: 6:30 - 9:30 p.m.

Place: Town Hall Meeting Room

Instructor: Susan Jowdy

New ~ CPR/AED Re-Certification

This review course provides individuals with the opportunity to review the course content within a formal course setting. Each participant will have the opportunity to view video segments and practice and perform skills for evaluation and complete the written exam for the course being reviewed.

Session 1: CPR/AED for Adults

Tuesday, 10/27, 6:30 - 9:30 p.m.

Session 2: CPR/AED for Infant/Child

Tuesday, 11/10, 6:30 - 9:30 p.m.

Place: Town Hall Meeting Room

Instructor: Susan Jowdy

Fee: \$35.00/session

Decorative Arts



Floral Design for Beginners

Holiday time is coming so why not try your hand at making your own fresh flower arrangements and centerpieces? Learn a new skill with the help of a professional floral designer and be ready to show off your talents to your friends and family. Additional materials fee of \$25.00 must be paid to the instructor each week to cover the cost of flowers. No experience is necessary. Please bring floral snips.

Day: Wednesday Time: 7:00 - 9:00 p.m.

Dates: 10/14 – 10/28 (3 wks) Fee: \$48.00

Place: Senior Center, 559B Federal Road

Instructor: Shannon Schnuerer

Centerpieces for the Holidays

Create a dazzling centerpiece to grace your table or as a gift for your host or hostess. This class is instructed by a professional floral designer. Additional materials fee of \$25 per session must be paid to the instructor at class. Please bring hand clippers or a sharp knife to cut the flowers. No experience is necessary!

Session 1: Thanksgiving – Monday, November 23

Session 2: Christmas – Wednesday, December 16

Time: 7:00 – 9:00 p.m. Fee: \$20.00/session

Place: Senior Center, 559B Federal Road

Instructor: Shannon Schnuerer

New ~Boxwood Tree for the Holidays



Come create a boxwood tree and decorate it to your taste. A boxwood tree looks like a miniature Christmas tree (approx. 15 inches tall) and lasts well beyond the holidays. The finished product is suitable for a hostess gift (if you can part with it), decoration on a table, or makes a very personal Christmas memorial for the cemetery. Our gifted instructor will demonstrate and work with you as you complete the tree. No previous experience is necessary. All materials for project are included, please bring along cutting shears.

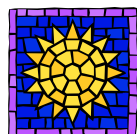
Day: Saturday Time: 10:00 - 12:00 p.m.

Date: 12/5 Fee: \$35.00

Place: Senior Center, 555B Federal Rd

Instructor: Elaine Rajcula

Decorative Arts, continued



Stained Glass for Beginners

Students will learn about the origins of glass, patterns and plans, glass selection and the use of tools and materials in this hands-on class. You will build one or two small projects

(depending on their size) over the seven-week program. You do not need to bring anything with you to the first class; however you will receive a materials list for purchase before the second class. Tools cost will be an additional \$80 – 100. There will also be additional charges for glass purchase, which will vary depending on the project and the glass that you select.

Day: Tuesday Time: 6:00 – 9:00 p.m.

Dates: 10/6 – 11/24 (7 wks) – no class 11/3

Place: Senior Center, 559B Federal Road

Instructor: Mark Tomascak Fee: \$119.00

Watercolor for Adults

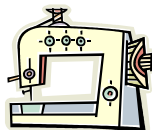
Whether you are an artist just starting out, or someone who has painted for a while, you will find this workshop fun, educational and inspiring. You will learn how to see colors in nature you have never seen before through the color wheel, and touch upon the importance of good drawing techniques as the bones of your painting. You will learn a wide variety of watercolor techniques while painting your own landscape by the end of the class, including values, learning first to see them in black and white then in color. Please ask for a materials list when registering (approximate cost \$40).

Day: Thursday Time: 6:00 – 8:00 p.m.

Dates: 9/24 – 11/12 (8 wks) Fee: \$88.00

Place: Senior Center, 559B Federal Road

Instructor: Victoria Lange



Beginning Sewing

Have you ever wanted to learn how to sew? Here's your chance in this program for students with little or no sewing background.

The first class will meet at Joanne's Fabrics in

Brookfield, where the instructor will help you pick out a pattern and fabric suitable for the project that you'd like to complete. Over the next five weeks you'll be walked through the steps to complete your project, including how to read a pattern, and how to use a sewing machine. Additional materials cost will depend upon the project and fabric you select, but are estimated at \$40-100. (Be prepared to purchase at first class.)

Day: Wednesday Time: 6:00 – 8:00 p.m.

Dates: 10/7 – 11/18 (6 wks)-no class 11/11

Place: WMS Home Ec. Room Instructor: Karen Ryavec

Fee: \$90.00

Join our email list! Log onto www.brookfield.org/pnr/index.htm and click on the icon to receive monthly updates on the Parks & Recreation programs and events of your choice.

Adult Fitness



Train for a 5K

Are you interested in running a 5K (3.1 mile) road race? Are you a walker who would like to try running? Are you a runner interested in improving your times? Come join Cassie Dunn in a group setting for a series of training runs

and short lectures. (Come dressed to run and bring a water bottle.) You will learn how to design a training program based on your level of fitness, whether you are a walker or a runner. Each participant will be evaluated and given a training program to follow on their own until the next week's meeting. This program will prepare you for the Brookfield Halloween Run on Sunday, October 25th at 10:00 AM. (Registration for the 5K is included in the fee.) All fitness levels are welcome! Come try a 5K road race! Cassie Dunn, a former cross-country and track coach, lives in Brookfield. She is a certified personal trainer, spinning instructor, athletic coach and post-rehab trainer.

Day: Saturday Time: 9:00 – 10:00 a.m.

Dates: 9/19 – 10/25 (6 wks) Instructor: Cassie Dunn

Place: BHS Track Fee: \$67.00

(If inclement weather, meet at NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT 775-8548)



Indoor Group Cycling

Come SPIN your way to fitness! You've heard about it, now come and try it! This high-energy workout lets you train at YOUR

fitness level in a group situation. In a darkened room, with a top-notch instructor and great music – you will have FUN while getting into the shape of you life! Regardless of your age, fitness level or experience – you will LOVE this! BABYSITTING AVAILABLE through No Limit Health and Fitness, please call 775-8548 for more information.

Session 1: INTRO TO SPIN Sat., 8:15 – 8:45 a.m.

Dates: 10/3 - 11/7 (6 wks) Fee: \$50.00

Instructor: TBA

Session 2: Saturday, 9:00 – 10:00 a.m.

Dates: 10/3 - 11/7 (6 wks) Fee: \$80.00

Instructor: TBA

Session 3: Monday, 9:15 – 10:15 a.m.

Dates: 9/28-11/2 (6 wks) Fee: \$80.00

Instructor: Cassie Dunn

Session 4: Monday, 5:00 – 6:00 p.m.

Dates: 9/28-11/2 (6 wks) Fee: \$80.00

Instructor: Lisa Levito

Session 5: Wednesday, 9:15 – 10:15 a.m.

Dates: 9/30 - 11/4 (6 wks) Fee: \$80.00

Instructor: Cassie Dunn

Session 6: Wednesday, 6:00 – 7:00 p.m.

Dates: 9/30 - 11/4 (6 wks) Fee: \$80.00

Instructor: Liz Sortino

SESSION 7: Thursday, 6:00 – 7:00 p.m.

Dates: 10/1 - 11/5 (6 wks) Fee: \$80.00

Instructor: Jim Spada

Session 8: Sunday, 9:15 – 10:15 a.m.

Dates: 10/4 - 11/8 (6 wks) Fee: \$80.00

Instructor: TBA

Place: NO LIMIT Health and Fitness, 1120 Federal Road, Brookfield, CT 775-8548



Pilates Sculpt

This class combines traditional Pilates and body sculpting exercises using light weights, rings, and tubing for a total body workout. It is an excellent workout for beginner exercisers

through advanced participants. Master Instructor, Marni McNiff will guide you through this workout, recommending any necessary adjustments based on your individual needs. Watch your body change! BABYSITTING AVAILABLE!

Session 1: Tuesday, 9:15 – 10:15 a.m.

Dates: 9/29 – 11/3 (6 wks) Fee: \$80.00

Session 2: Thursday, 9:15 – 10:30 a.m.

Dates: 10/1 - 11/5 (6 wks) Fee: \$80.00

Instructor: Marni McNiff

Place: NO Limit Health & Fitness, 1120 Federal Road

B. L. T. or (Butt, Legs, and Tummy)!

This is a body sculpting class targeting the lower body's "hot spots", the glutes, inner and outer thighs and the waistline.

Taught by Nicole Vitale, the class includes muscle and strength building moves, like squats and lunges, combined with effective sculpting moves that are focused and intensive.

Don't worry about learning dance moves or combinations, because this class is all about form and function! Change your Body! Nicole is a nationally ranked NPC Figure

Competitor and a certified Health educator with a BS in Health Education. Nicole has been personal training for 12 years and teaching group fitness for 5 years. BABYSITTING AVAILABLE!

Day: Tuesday Time: 5:00 – 6:00 PM

Dates: 9/29 - 11/3 (6 wks) Fee: \$72.00

Instructor: Nicole Vitale

Place: NO LIMIT Health and Fitness, 1120 Federal Rd



Training Power Hour

This class is like having a personal trainer for 1 hour!!! For women who do not want the aerobic form of exercise, but prefer a class that focuses on firming, shaping, and toning, the

arms, back, chest, shoulders, legs glutes, and abs. Learn proper form and technique and obtain your best body possible, by using hand held weights, bands, balls and more.

For people of all physical levels, this class will challenge the beginner AND advanced student. A fun class, with individual attention, that will get you results! Class also includes a warm up, cool down and stretching. Bring water and a towel. BABYSITTING AVAILABLE!!!

Day: Wednesday Time: 9:30 - 10:30am

Dates: 9/30 - 11/18 (8 wks) Fee: \$96.00

Instructor: Donna Binetti

Place: NO LIMIT Health & Fitness, 1120 Federal Road



We are always looking for new class ideas! If you have an area of expertise that you would be willing to share with others, please download a "class proposal form" from our website. Days and times of classes are flexible, and previous

teaching experience is not always necessary. Class proposals should be received by 11/2/09 to be considered for the winter program guide.



Zero to Sixty

Do you need to Rev up your Metabolism or your fitness level? Do you feel stagnated or unproductive in your current workouts? Zero to Sixty combines simple body movements with a

twist of diverse calisthenics. Your muscle endurance and your ability to utilize oxygen as a source of energy will be challenged. This class provides at least 6 different anaerobic/aerobic exercises. Expect to do anything from step exercises to jumping jacks. A moderate level of fitness is expected from participants. BABYSITTING AVAILABLE!!!

Day: Saturday Time: 10:30 - 11:30am

Dates: 9/26 - 10/31 (6 wks) Fee: \$72.00

Instructor: Darren Cain

Place: NO Limit Health & Fitness, 1120 Federal Road

Zumba

Zumba is a great way to stay physically and mentally fit while meeting new people with similar interests. It is like no other workout you will ever experience! It is great for the mind, body and soul... Zumba is based on the principal that exercise should be fun, which helps you stick with the program until you get results - the key to long term good-health. It's a feel good exercise program designed with a scorching fusion of world music and spicy dance rhythms. With its non-stop easy to follow choreography, you burn 500 to 800 calories per hour depending on how hard you work, and tone your body from head to toe. Zumba fitness utilizes aerobic interval training (combining fast and slow rhythms) to deliver an addictive, high energy, heart pumping cardiovascular workout you want to return to again and again.

Session 1: Monday, 6:00 – 7:00 p.m.

Dates: 9/28 – 12/21(13 wks) Fee: \$156.00

Instructor: Dolores Tirri

Session 2: Tuesday, 9:15 – 10:15 a.m.

Dates: 9/29 – 12/22 (13 wks) Fee: \$156.00

Instructor: Cindy Cassidy

Session 3: Monday 6:00 – 7:00 p.m.

Dates: 9/28 – 12/21 (13 wks) Fee: \$156.00

Instructor: Charlotte Hess

Place: The Body Shop Fitness Club, 14 Delmar Drive

Body Pump



A licensed program by Les Mills. It is the fastest way to shape up and lose body fat. Body Pump is a toning and conditioning class with weights and is just about for everybody. It's perfect for both males and females who want to add strength training to their workout. Burn 600 calories per class, improve your bone density and watch your body change.

Session 1: Wednesday 9:15-10:15 a.m.

Dates: 9/30 – 12/23 (13 wks) Fee: \$156.00

Instructor: Dawn Masella

Session 2: Tuesday 5:30 – 6:30 p.m.

Dates: 9/29 – 12/22 (13 wks) Fee: \$156.00

Instructor: Liz Raftery

Session 4: Sunday 9:30 – 10:30 a.m.

Dates: 9/27 – 12/20 (13 wks) Fee: \$156.00

Instructor: Liz Raftery

Place: The Body Shop Fitness Club, 14 Delmar Drive

Adult Fitness – Aerobics, continued



Cardio/Tone Challenge

This class alternates intervals of Cardio (approximately 3- 4 minutes) and muscle conditioning to shock muscles into shape and speed up your metabolism.

Day: Friday Time: 9:15 – 10:15 a.m.
Dates: 10/2 – 12/18 (12 wks) Instructor: Dawn Masella
Place: The Body Shop Fitness Club

Total Body Boot Camp

A full body workout using hand held weights, body bars, balls and your own body weight for resistance training. Abdominal and stretch exercises included.

Session 1: Saturday 9:15 – 10:15 a.m.
Dates: 10/3 – 12/19 (12 wks) Fee: \$144.00
Session 2: Monday 5:00 – 6:00 p.m.
Dates: 9/28 – 12/21 (13 wks) Fee: \$156.00
Session 3: Wednesday 5:30 – 6:30 p.m.
Dates: 9/30 – 12/23 (13 wks) Fee: \$156.00
Instructor: Donna Pace
Place: The Body Shop Fitness Club

20/20/20

This complete workout starts with 20 minutes of cardio, followed by 20 minutes of toning and ending with 20 minutes of stretching and Pilates. Everything you need in 60 minutes.

Day: Thursday Time: 6:00 – 7:00 p.m.
Dates: 10/1 – 12/17 (11 wks) – no class 11/26
Place: The Body Shop Fitness Club
Instructor: Anne Fries Fee: \$132.00

Pilates



A class that focuses on the ageless concepts of a strong center, positive alignment and mental focus. Improve torso strength, joint mobility and body posture with movements that increase your range of motion.

Day: Monday Time: 9:15 – 10:15 a.m.
Dates: 9/28 – 12/21 (13 wks) Fee: \$156.00
Place: The Body Shop Fitness Club
Instructor: Ellen Serino

Youth Employment Program

Pretty soon those leaves are going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. A list of services includes not only babysitting and raking, but shoveling, weeding, mowing, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at dkorb@brookfield.org, or call 775-7310.

Adult Fitness – Yoga, Tai Chi

Introduction to Yoga with Kyle



If you've never tried yoga, or would like a refresher on the basics, this is the class for you! Certified Yoga instructor, Kyle Knight, makes learning yoga safe, fun and accessible in this class geared especially for beginners. She teaches the fundamentals of breathing and alignment in basic

yoga poses, gently guiding each student to access their inner grace, strength, balance and wisdom. The class concludes with a guided relaxation/meditation to leave you feeling restored, refreshed and ready to face the world.

Day: Tuesday Time: 6:00 – 7:15 p.m.
Session 1: 9/29–11/3 (6 wks)
Session 2: 11/10–12/15 (6 wks)
Fee: \$96.00/session or \$176 for both sessions = 1 class free
Place: YogaSpace, 777 Federal Rd., second floor
Instructor: Kyle Knight

New ~ Happy Tao Yoga, Tai Chi & Kigong

This class is designed for flexibility challenged individuals who would like to explore the many benefits of Yoga, Tai Chi and Kigong in a supportive and fun environment. Your guide is Philip Sobul, a Wall Street financier turned author, healer and teacher. You will learn easy Taoist yoga postures, beautiful Tai Chi movements and other Kigong breathing and energy practices, designed to help you find the deep inner stillness at your core and experience true peace of mind. Appropriate for all bodies and levels of experience.

Day: Tuesday Time: 7:30 – 9:00 p.m.
Session 1: 9/29–11/3 (6 wks) Instructor: Philip Sobul
Session 2: 11/10–12/15 (6 wks)
Fee: \$96.00/session or \$176 for both sessions = 1 class free
Place: YogaSpace, 777 Federal Rd., second floor

Meditation & Mindfulness



Are you stressed-out or anxious? Curious about meditation? Don't know where to start? Join Ken Sprano for this seven-week introduction to meditation & mindfulness-

based stress reduction on Sunday nights in the serene atmosphere of YogaSpace. You will learn a variety of techniques including various approaches to meditation, Bio-feed back, self-hypnosis, breathing and deep relaxation. You'll leave feeling lighter, happier and ready to face your week with clarity and ease.

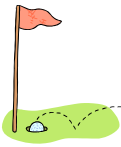
Day: Sunday Time: 7:30 – 8:30 p.m.
Dates: 10/4–11/15 (7 wks) Fee: \$105.00
Instructor: Ken Sprano
Place: YogaSpace, 777 Federal Rd., second floor

Yoga

Yoga is a balancing of the entire body, which reaches every level of your being. It is modified to every person's ability from beginner to advanced. It is wonderful on its own or an excellent compliment to any sport or physical activity.

Session 1: Tuesday 4:30 – 5:30 p.m.
Dates: 9/29 – 12/22 (13 wks) Fee: \$156.00
Session 2: Thursday 4:30 – 5:30 p.m.
Dates: 10/1 – 12/17 (11 wks) – no class 11/26 Fee: \$132.00
Place: The Body Shop Fitness Club
Instructor: Penny Cidri

Adult Fitness - Golf



Adult Golf Lessons

Open to golfers of all skill levels, these classes are intended to provide students with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:

Class 1: Introduction/Set-up and Swing with Irons

Class 2: Review/Set-up and Swing with Woods

Class 3: Pitch Shots and Bunker Play

Class 4: Chipping and Putting

Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. Classes meet 6:00–7:00 p.m.

September: Wednesdays – 9/16, 9/23, 9/30, 10/7

October: Thursdays – 10/15, 10/22, 10/29, 11/5

November: Mondays – 11/9, 11/16, 11/23, 11/30

December: Tuesdays – 12/8, 12/15, 12/22, 12/29

Women Only Classes (Beginner)

September: Thursdays – 9/17, 9/24, 10/1, 10/8

October: Wednesdays – 10/14, 10/21, 10/28, 11/4

November: Tuesdays – 11/10, 11/17, 11/24, 12/1

December: Mondays – 12/7, 12/14, 12/21, 12/28

Adult Fitness - Open Gyms



Open Basketball

Ongoing Monday night open play for Brookfield residents and their guests age 18 and over.

Purchase a season pass for \$50.00 or pay \$5.00 nightly at the door. Passes will not be sold after 12/21 and no credit for nightly passes will be given. Program canceled on days when school is not in session or dismisses early.

Days: Monday Time: 7:30 – 9:30 p.m.

Dates: 11/9/09 – 4/5/10 Place: BHS Gym

Fee: \$5.00/night or \$50.00/season pass

Open Volleyball

Ongoing Wednesday night open play for adults 18 and over. Purchase a season pass for \$50.00 or pay \$5 nightly at the door. Passes will not be sold after 12/16 and no credit for nightly passes will be given. Open gym is canceled on 12/23 and on days when school is not in session or dismisses early.

Days: Wednesday Time: 7:30 – 9:00 p.m.

Dates: 11/4/09- 4/14/10 Place: WMS Gym

Fee: \$5.00/night or \$50.00/season pass

Adult Fitness – Dance

For all of our dance classes, ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Even though dances are reviewed repeatedly, students are expected to practice on their own between classes as well.

Ballroom and Latin Mix for Singles



We've had so many requests for this class! No need to be part of a couple (or have your other half with you) in order to participate. Join other people like yourself who want to learn ballroom and latin dances. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked

to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Tuesday

Time: 6:00 – 6:45 p.m.

Place: WMS- Cafeteria

Fee: \$65.00/person

Dates: 9/29 – 11/24 (8 wks)-no class 11/3

Strictly Ballroom Dance

Do you have a wedding, anniversary party or class reunion in your future? Would you like to impress your friends with some new moves? In addition to the physical benefits of dancing, mentally dancing serves as a wonderful stress release. The dances you learn will be selected at the instructor's discretion and may include: Fox Trot, Slow Waltz, Tango, Viennese Waltz and Quick Step. Emphasis will be placed on mastering each step before moving on to new dances. Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Tuesday

Time: 6:45 – 7:30 p.m.

Place: WMS- Cafeteria

Fee: \$65.00/person

Dates: 9/29 – 11/24 (8 wks)-no class 11/3

Latin Dance



What better way to beat the blues? Come and learn the spicy Mambo/Salsa and Cha-Cha that is found in much of today's popular music.

Samba, the "dance of love" Rumba, and East Coast Swing also known as Jive are among the dances you may learn this session at the instructor's discretion. Emphasis will be placed

on mastering each step before moving on to new dances.

Please note the dress code for participation in dance classes. Ladies are asked to wear skirts or dresses, and shoes with heels are preferred. Gentlemen are asked not to wear jeans or sneakers. Our instructor, Galina Andracchio, a former Russian competitor, is a member of the International Dance Teachers Association.

Day: Tuesday

Time: 7:30 – 8:15 p.m.

Place: WMS Cafeteria

Fee: \$65.00/person

Dates: 9/29 – 11/24 (8 wks)-no class 11/3

Tots Activities



Singing and Signing

Did you know that babies start signing between the ages of 7 and 10 months old?

It's been proven that babies who sign; speak earlier than non-signers, experience less

frustration, develop larger vocabularies, become better readers and have IQ's that are at least 10-12 points higher than their peers. Ms. Janine is a pioneer when it comes to signing with infants through school age children. It's been her passion for over 15 years! Teaching signs to your little ones is the new craze. Join Ms. Janine and see how fun and easy it is to learn through the magic of children's music. In order to better accommodate your child, we have divided the times by ages. Please specify what time and session you would like when registering. Class size is limited to 15 children.

Day: Tuesday Instructor: Janine Lamendola

Infants and Toddlers (up to age 3): Time: 10:00 -10:45 a.m.

Preschool – K (ages 3 to 5) Time: 11:15 a.m. – 12:00 p.m.

Dates: 11/3, 11/10, 11/17, 11/24 (4 classes)

Place: Newbury Congregational Church, 126 Tower Road

Fee: \$43.00/session

Two Good to be True

Children ages 2-3 and parent or caregiver will meet for songs, stories and arts & crafts. Activities will foster development of fine motor and language skills while having fun and making friends! Please bring a snack.

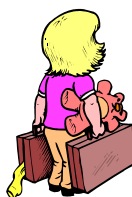
Instructor: Jen Tomaino Fee: \$45.00/session

Day: Thursday Time: 9:30 – 10:30 a.m.

Place: Congregational Church - Lounge

Session 1: 10/8, 10/15, 10/22, 10/29 (4 classes)

Session 2: 11/12, 11/19, 12/3, 12/10 (4 classes)



Explorers

Children ages 3 ½ - 5 will meet for games and a variety of activities including story-telling, mini-puppet shows, no-cook foods, and arts & crafts. Please bring a snack and a smock. Please note that children must be

potty trained to attend. Class size limited to 12.

Instructor: Jen Tomaino Fee: \$61.00/session

Day: Thursday Time: 10:30 a.m. – 12:00 p.m.

Session 1: 10/8, 10/15, 10/22, 10/29 (4 classes)

Session 2: 11/12, 11/19, 12/3, 12/10 (4 classes)

Place: Congregational Church - Lounge

Tumbling Tots

Children 2-5 will meet for games, basic tumbling skills and energetic fun in a gym setting. We offer 2 time slots for this popular program; 9:30 - 10:15 am for age 4-5 with or without parent and 10:15 - 11:00 am for ages 2-3 with parent or caregiver. Please specify time and session when registering.

Day: Tuesday Fee: \$50.00/session

Time: 9:30 – 10:15 a.m. OR 10:15 – 11:00 a.m.

Session 1: 10/6, 10/13, 10/20, 10/27(4 wks)

Session 2: 11/17, 11/24, 12/1, 12/8 (4 wks)

Place: Tropical All-Stars, 558 Federal Road

Instructors: Pam Zavarelli & Jen Tomaino

Tots Activities, continued



Jumpin' Beans

Children will increase socialization skills and coordination through musical games and movement activities with their parent or caregiver and other children 18 - 24 months old.

Day: Tuesday Time: 11:00 a.m. – 11:45 a.m.

Session 1: 10/6, 10/13, 10/20, 10/27(4 wks)

Session 2: 11/17, 11/24, 12/1, 12/8 (4 wks)

Instructor: Pam Zavarelli Fee: \$50.00/session

Place: Tropical All Stars, 558 Federal Road

Ballet and Creative Movement for Tots

Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for ages 3 - 5. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred, but not required.

Day: Friday Time: 4:25 – 5:10 p.m.

Dates: 10/9 – 12/11(8 wks) – no class 11/20, 11/27

Place: Center School Cafe Fee: \$45.00

Instructor: Holly Gundolfi



'Lil Chefs

Children ages 3 and 4 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement.

Day: Wednesday

Session 1: 10/7, 10/14, 10/21, 10/28 (4 wks)

Session 2: 11/18, 12/2, 12/9, 12/16 (4 wks)

Time: 10:00 – 11:00 a.m.

Place: Congregational Church, Fair Kitchen

Instructor: Jen Tomaino Fee: \$63.00 /session

Theme Weeks

Preschool children ages 2-4 (with parent or caregiver) will meet for a variety of stories, crafts, games, and music all relating to the following themes:

<u>October: 10/19 and 10/26</u>	<u>Halloween</u>
<u>November: 11/16 and 11/23</u>	<u>Thanksgiving</u>
<u>December: 12/14 and 12/21</u>	<u>Happy Holidays</u>

Day: Monday Fee: \$24.00/month

Time: 10:00 – 11:00 a.m. Instructor: Pam Zavarelli

Place: Congregational Church Room #4



Learn to Ice Skate for Tots

Preschoolers age 3 ½ and older will enjoy this program which incorporates creative play and interactive learning games to teach skills. This program (Tot 1) is designed for children who have never skated. They will learn the proper way to fall and get up, as well as marching in place and across the ice. Included is a free skating pass so that participants may practice at no charge during any public skating session for the duration of the program, as well as skate rentals if needed. Helmets and gloves or mittens are also required.

Session 1: Wednesday, 11/4 – 12/23 (8 wks)

4:00- 4:30 p.m. Fee: \$128.00

Session 2: Thursday, 11/5 – 12/17 (6 wks) – no class 11/26

10:00 – 10:30 a.m. Fee: \$96.00

Session 3: Friday, 11/6 – 12/18 (7 wks)

10:00 – 10:30 a.m. Fee: \$112.00

Place: Danbury Ice Arena, 1 Independence Way

Center After School



Fall Lacrosse Clinic

Children in grades K - 4 will practice the basic skills needed to play lacrosse. Using soft balls and sticks suitable for beginners, participants will practice passing, catching, ground balls, and shooting. Relay races, sharks & minnows and mini game play will add to their learning and fun. Guest coaches from local Colleges, and our High School will help make this a great learning experience. Each participant will receive a mini lacrosse stick and t-shirt. Please have your child wear sneakers, dress comfortably for outdoor play and bring a water bottle. Pre-registration is required via the Brookfield Lacrosse club's web link below. Schedule is subject to change.

Day: Saturday Time: 3:30 - 5:00 p.m.
Dates: 9/19, 9/26, 10/3, 10/10 (10/17- rain date if needed)
Instructors: Brookfield LAX Club and Guest Coaches
Place: Cadigan Park
Fee: \$15.00 Includes 1 Mini Stick/Ball & Tee Shirt
Registration Required on Brookfield Lacrosse Web Site:
www.brookfieldlax.org

Sports Celebrated!

Exercise and fun are the key elements of this class. Children in grades K and 1 will develop basic skills in several indoor games and sports.

Day: Tuesday Time: 3:25 - 4:25 p.m.
Dates: 10/6 - 12/8 (8 wks) - no class 11/3, 11/17
Place: Center School - Gym Fee: \$40.00
Instructor: Mark Checkosky

Pillow Polo

Physical fitness, agility and coordination are the benefits from this team sport for grades K and 1. Rules of floor hockey are followed and nerf equipment is used.

Day: Wednesday Time: 3:25 - 4:25 p.m.
Dates: 10/7 - 12/16 (8 wks)-no class 11/11, 11/18, 11/25
Place: Center School - Gym Fee: \$40.00
Instructor: Dave Miller



Get into the Kitchen

Children in grades K and 1 will enjoy making no cook and cooked foods, as well as hands on activities involving food and measurement. Recipes are duplicated in both the Tuesday and Wednesday classes, but do change each session. Both days meet in the Center School Pre-School Room, 3:25 - 4:25 p.m. Fee is \$45.00/session.

Day: Tuesday Instructor: Jen Tomaino
Session 1: 9/29, 10/6, 10/13, 10/20 (4 wks)
Session 2: 11/10, 11/24, 12/1, 12/8 (4 wks)
Day: Wednesday Instructor: Jen Tomaino
Session 1: 9/30, 10/7, 10/14, 10/21 (4 wks)
Session 2: 11/4, 12/2, 12/9, 12/16 (4 wks)

Join our email list! Log onto
www.brookfield.org/pnr/index.htm and click
on the icon to receive monthly updates on
Parks & Recreation programs and events.

Center After School, continued



Little Dragons

Students in grades K - 1 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control, physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Thursday Time: 3:25 - 3:55 p.m.
Dates: 10/1 - 10/22 (4 wks) Fee: \$28.00
Place: Center School Cafeteria
Instructor: Zandri's Martial Arts



French Fantastique

Madame Minier, a native French speaker with twenty years experience teaching, has a magical way of inspiring children. Using music, poetry, memory games, colorful craft projects and vocabulary building exercises, she stimulates all of the child's senses and makes learning fun. Children in grades K and 1 will learn basic greetings, the alphabet, counting, colors and lots of vocabulary. Each student will also receive a folder full of creative activities in French.

Day: Tuesday Time: 3:25 - 4:15 p.m.
Dates: 9/29 - 12/1 (8 wks)-no class 11/3, 11/17
Place: Center School Instructor: Margee Minier
Fee: \$64.00

Ballet and Creative Movement for K/1



Children will explore the many ways their bodies can move, and use their imaginations for self-expression in this ballet and creative movement class for children in grades K and

1. There will be an open class performance for parents at the last class. Ballet slippers and leotards are preferred for participants, but not mandatory.

Day: Friday Time: 3:25 - 4:25 p.m.
Dates: 10/9 - 12/11(8 wks) - no class 11/20, 11/27
Place: Center School Cafe Fee: \$45.00
Instructor: Holly Gundolfi



Nature All Around Us - Early Fall

Children in grades K and 1 will learn to identify local wildflowers and trees and make a flower press. They will make weather tracking devices, perform an experiment in decomposition and make projects with fall leaves and pressed flowers.

Day: Thursday Time: 3:25 - 4:25 p.m.
Dates: 10/1, 10/8, 10/15, 10/22 (4 wks)
Place: Center School Art Rm. Fee: \$45.00
Instructor: Jen Tomaino

Center After School, continued

Nature All Around Us –Late Fall

Children in Grades K and 1 will make a field journal, learn to identify local wildflowers and trees, and make “pounded” flower prints and pressed flower projects. They will learn about the importance of the earth’s forests and about our local ecosystem.

Day: Thursday Time: 3:25 – 4:25 p.m.

Dates: 11/5, 11/12, 12/3, 12/10 (4 wks)

Place: Center School Art Rm. Fee: \$45.00

Instructor: Jen Tomaino



Iddy, Biddy Basketball

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt. Please note the program will not meet on 2/13.

Day: Saturday Dates: 1/9 – 2/27 (7 wks)

Time: 11:00 a.m.- 12:00 p.m. Fee: \$55.00

Place: Huckleberry Hill School– Upper Gym

Supervisor: Fern Smenyak

Huckleberry After School

Green Engineering

This curriculum uses Lego Renewable Energy Lab kits and is designed to help students in grades 2 – 4 grasp the abstract and sometimes difficult concept of energy through captivating and hands-on activities. Building projects such as turbine windmill, solar car and more will bring these science concepts alive! Students will make their own solar vehicles to take home. Class is limited to 12 students.

Day: Monday Time: 4:00 - 5:30 p.m.

Dates: 11/9, 11/16, 11/23, 11/30, 12/7 (5 wks)

Place: HHES - Library

Instructor: Computer Explorers Fee: \$89.00



Fall Lacrosse Clinic

Children in grades K - 4 will practice the basic skills needed to play lacrosse. Using soft balls and sticks suitable for beginners, participants will practice passing, catching, ground balls, and shooting. Relay races, sharks & minnows and mini game play will add to their learning and fun. Guest coaches from local Colleges, and our High School will help make this a great learning experience. Each participant will receive a mini lacrosse stick and t-shirt. Please have your child wear sneakers, dress comfortably for outdoor play and bring a water bottle. Pre-registration is required via the Brookfield Lacrosse clubs web link below. The schedule is subject to change.

Day: Saturday Time: 3:30 - 5:00 p.m.

Dates: 9/19, 9/26, 10/3, 10/10 (10/17- rain date if needed)

Instructors: Brookfield LAX Club and Guest Coaches

Place: Cadigan Park

Fee: \$15.00 Includes 1 Mini Stick/Ball & Tee Shirt

Registration Required on Brookfield Lacrosse Web Site:

www.brookfieldlax.org

Huckleberry After School, continued

New ~ Quick Start Tennis

Students in grades 2 - 4 will learn how to control a tennis ball with a racket and have fun in this beginning program taught by BHS Girls Coach Elaine Gregory. Balls are supplied, as well as racquets for anyone who does not have one. (If you have one at home, please bring it in.). Children should wear sneakers and bring a snack and drink.

Day: Wednesday

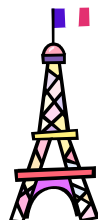
Time: 4:00 – 5:00 p.m.

Dates: 9/30 – 11/4 (6 wks)

Fee: \$66.00

Place: HHES Lower Gym

Instructor: Elaine Gregory, BHS Girls Coach



French Fantastique

Now offered as a before school activity! Studies have shown that the earlier a child is exposed to a second language, the more quickly they excel. Learn French the fun way through music, colorful crafts and instruction. Students in grades 2-4 will learn about French foods, geography, famous buildings, as well as the basic greetings, alphabet, counting, colors and lots of vocabulary. Each student will receive a folder full of creative activities in French. Parents, please escort your child to the Music Room at each class meeting.

Day: Friday

Time: 8:10 – 9:10 a.m.

Dates: 10/2 – 12/4 (8 wks) – no class 11/20, 11/27

Place: HHES – Music Room Fee: \$72.00

Instructor: Margee Minier

Junior Floor Hockey

Students in grades 2 - 4 will learn the basic rules of floor hockey and participate in games. All students are asked to bring their own goggles.

Day: Tuesday

Time: 4:00 – 5:00 p.m.

Dates: 9/29 – 12/1 (8 wks) – no class 11/3, 11/17

Place: HHES Lower Gym Fee: \$40.00/session

Instructor: Dave Miller



Flag Football

Students in grades 2- 4 will be introduced to the basics in this non-contact class.

Day: Monday

Time: 4:00 – 5:00 p.m.

Dates: 10/5 – 11/30 (8 wks)-no class 10/12

Place: HHES Lower Gym

Fee: \$40.00

Instructor: Dave Miller

Good Eats!

Students in grades 2 – 4 will learn kitchen basics including recipe preparation, measuring, and procedures, all sprinkled with a lot of fun. Please make us aware of any food allergies when registering.

Day: Monday, 4:00 – 5:00 p.m.

Session 1: 10/5, 10/19, 10/26, 11/2 (4 wks)

Session 2: 11/16, 11/23, 11/30, 12/7 (4 wks)

Day: Tuesday, 4:00 – 5:00 p.m.

Session 1: 9/29, 10/6, 10/13, 10/20 (4 wks)

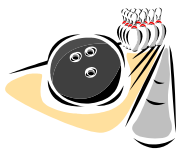
Session 2: 11/10, 11/24, 12/1, 12/8 (4 wks)

Instructor: Pam Zavarelli

Place: HHES Art Room

Fee: \$45.00/session

Huckleberry After School, continued



Bowling

Each class features two games of bumper bowling for students in grades 2 - 4. Bus transportation is provided from Huckleberry Hill School to Brookfield Lanes by school bus. When sending in a note each week to

the school, please include that your child is attending bowling on bus #26. Pick-up is at Brookfield Lanes.

Day: Thursday Time: 4:00 - 5:45 p.m.

Session 1: 10/1, 10/8, 10/15, 10/22 (4 wks)

Session 2: 11/5, 11/12, 12/3, 12/10 (4 wks)

Instructor: Dave Miller Place: Brookfield Lanes

Fee: \$48.00/session



Martial Arts for Beginners

Students in grades 2 - 4 will be introduced to martial arts and character development through weekly themes including: laser beam focus, 3 rules of concentration, 20 ways to respect your teacher, coordination, self discipline, self control,

physical fitness and more. The basic martial arts skills taught will prepare students to break a board and test for their white belt after the course ends. The purchase of a uniform or T-Shirt to wear in class is optional and must be arranged by visiting Zandri's Martial Arts directly prior to the first class. Contact them at 775-7150.

Day: Friday Time: 4:00 - 4:45 p.m.

Dates: 10/2 - 10/23 (4 wks) Fee: \$28.00

Instructor: Zandri's Martial Arts

Place: Huckleberry Hill School - Lower Gym

Basic Drawing and Watercolor



Students in grades 2 - 4 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be

successful at his or her ability level, culminating with the completion of a painting. Please ask for a materials list when registering. (Materials cost is approximately \$40.00). Bring a snack and a drink each week.

Day: Tuesday Time: 4:00 - 5:30 p.m.

Dates: 9/29 - 12/1 (8 wks) -no class 11/3, 11/17

Place: Huckleberry Hill Rm 201 Fee: \$85.00

Instructor: Victoria Lange

Drawing on Your Mind

Students in grades 2 - 4 will focus on the basics of drawing: line, shape, form, value, composition and perspective with Mark Gerber, a professional Illustrator and Brookfield resident (www.gerberstudio.com). Students will be shown how to observe, how to think about what they see, and how to translate that to paper. And along the way they'll have some fun creating drawings from those things that we see and some that we don't, from still life to monsters to cartoons. A few basic supplies will need to be provided by the student. Please ask for a materials list when registering. Students should bring a snack and a drink each week.

Day: Thursday Time: 4:00 - 5:30 p.m.

Dates: 10/1 - 12/3 (8 wks) - no class 11/19, 11/26

Instructor: Mark Gerber Fee: \$75.00

Place: HHES Art Room

Huckleberry After School, continued



Drawing Mixed Media

Paint, Draw & More! drawing classes teach young artists in grades 1-4 to draw what they see, to enhance their drawings with

their own ideas and concepts, and to use different materials in creative ways. Students learn to draw in a non-competitive, creative and fun environment. This art program helps children build self-esteem through personal drawing success, and helps them develop an understanding of spatial and color relationships. We will use pencils, markers, watercolors, chalk and oil pastels, etc. to draw animals, still life, landscapes, and more. Drawing concepts like composition, shading and perspective will be taught. We use the highest quality materials we can to help our students obtain the best results for their efforts. For more information about Paint Draw and More programs, visit www.paintdrawmore.com

Day: Friday Time: 4:00 - 5:30 p.m.

Dates: 10/2 - 12/4 (8 wks) -no class 11/20, 11/27

Place: HHES Art Room Fee: \$180.00

Instructor: Paint, Draw & More!

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 - 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Wednesday and Friday

Time: Grades 2 - 4 6:00 - 7:00 p.m. Fee: \$60.00

Grades 5 - 8 7:15 - 8:30 p.m. Fee: \$65.00

Dates: 11/4, 11/6, 11/13, 11/18, 11/20, 12/2, 12/4, 12/9, 12/16, 12/18 (10 classes)

Place: Huckleberry Hill Lower Gym

Instructor: Josh Levine



Learn to Ice Skate Grades 1-4

Included is a free skating pass so that participants may practice at no charge during any public skating session for the eight-week duration of the program, as well as skate rentals if needed. We are currently offering Skate levels 1 and 2 concurrently with different instructors.

Skate 1: Entry level class for those with little or no experience on the ice. Skaters will learn the proper way to fall down and get up as well as marching and gliding across the ice. They will also be introduced to forward swizzles, backward wiggles and stops. Skate 2: This class is for graduates of Skate 1 or for those skaters who have skating experience but not formal lessons, and are able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backward swizzles, alternating forward ½ swizzles and snowplow stops.

Place: Danbury Ice Arena, 1 Independence Way

Day: Saturday Time: 11:00 - 11:30 a.m.

Dates: 11/7 - 12/19 (7 wks) Fee: \$112.00/session



American Red Cross

Babysitter's Training

American Red Cross Babysitter's Training gives 11-15 year olds the skills and confidence they need to become great

babysitters. This 6-hour class covers training in care giving, decision making, safety and first aid skills, and preventing and responding to emergencies. Course participants receive *The Babysitter's Training Handbook*, which provides course review and 30 easy-to-follow first aid action plans for handling emergencies. Red Cross Babysitter Certification cards will be awarded upon successful completion. Please bring a lunch and drink and a pen or pencil. Classes are held at Town Hall. Session 1: Monday, September 28, 9:00 a.m. – 3:00 p.m. Session 2: Tuesday, November 3, 9:00 a.m. – 3:00 p.m. Instructor: Peggy Boyle Fee: \$60.00/session

Cooking 101

This class will teach students in grades 5 through 8 how to cook everything from nutritious snacks to delicious meals and desserts. Cooking techniques, ingredient selection and substitutions, kitchen safety and balanced meal creation will all be covered in this hands-on class. Students will have the opportunity to taste their creations and take home the recipes. All materials are covered in the fee.

Day: Monday Time: 2:40 – 4:10 p.m.
Session 1: 10/5, 10/19, 10/26, 11/2 (4 wks)
Session 2: 11/16, 11/23, 11/30, 12/7 (4 wks)
Fee: \$68.00 Instructor: Jen Tomaino
Place: WMS Home Ec. Room

New ~ Playwriting Adventure

Students in grades 5 and 6 will learn the basics of playwriting though a combination of improvisation and theater games. Participants explore and expand their imaginative powers, developing each other's dramatic ideas as well as their own in a safe, non-judgmental environment. A unique mix of acting, creative writing and confidence building. Some really fun homework required, too.

Day: Thursday Time: 2:40 – 4:10 p.m.
Dates: 10/8 – 11/12 (6 wks)
Fee: \$68.00 Instructor: Jan Neuberger
Place: WMS Classroom

Basic Drawing and Watercolor

Students in grades 5 - 8 will join artist Victoria Lange in learning basic drawing and watercolor techniques. Each student will receive individualized attention to be successful at his or her ability level, culminating with the completion

of a painting. Please ask for a materials list when registering. Materials cost is approximately \$40.00. Bring a snack and a drink each week. Late bus transportation is available from WMS after school for this program.

Day: Monday Time: 2:40 – 4:10 p.m.
Dates: 10/5 – 11/30(8 wks)-no class 10/12
Instructor: Victoria Lange Place: WMS Art Room
Fee: \$85.00



Drawing on Your Mind

Students in grades 5 - 8 will focus on the basics of drawing: line, shape, form, value, composition and perspective with Mark Gerber, a professional Illustrator and Brookfield resident

(www.gerberstudio.com). Students will be shown how to observe, how to think about what they see, and how to translate that to paper. And along the way they'll have some fun creating drawings from those things that we see and some that we don't, from still life to monsters to cartoons. A few basic supplies will need to be provided by the student. Please ask for a materials list when registering. Students should bring a snack and a drink each week.

Day: Tuesday Time: 2:40 – 4:10 p.m.
Dates: 9/29 – 12/1(8 wks) – no class 11/3, 11/17
Instructor: Mark Gerber Fee: \$75.00
Place: WMS

Youth Wrestling Program

The Brookfield Youth Wrestling Program is open to boys and girls in grades 2 – 8. The program, open to those with little or no previous wrestling experience, will emphasize enhancing proper techniques, strength and conditioning skills. The program covers all aspects of wrestling including takedowns, escapes, reversals, pinning combinations and tilts. These techniques will be shown in a sequence that makes it easy for the wrestler to understand. Staff will consist of many local coaches and current and past wrestling stand-outs. Participants should wear sneakers, shorts, and a t-shirt. Everyone will receive a Brookfield Wrestling T-shirt.

Day: Wednesday and Friday
Time: Grades 2 - 4 6:00 – 7:00 p.m. Fee: \$60.00
Grades 5 – 8 7:15 – 8:30 p.m. Fee: \$65.00
Dates: 11/4, 11/6, 11/13, 11/18, 11/20, 12/2, 12/4, 12/9, 12/16, 12/18 (10 classes)
Place: Huckleberry Hill Lower Gym
Instructor: Josh Levine



New ~ Beginning Ballroom Ages 12 - 15

Look out "Dancing With the Stars!" Students age 12 – 15 now have the chance to learn

basic steps and movements in ballroom and Latin dance, learning at least two dance styles during each class. Students should wear closed-toe leather soled shoes or ballroom dance shoes and long hair needs to be pulled back in a ponytail or bun. Sign up with a buddy to dance with or one will be assigned to you during class.

Day: Tuesday Time: 5:15 – 6:00 p.m.
Place: WMS Cafeteria Fee: \$65.00/person
Dates: 9/29 – 11/24 (8 wks)-no class 11/3
Instructor: Galina Andracchio



Think Snow! We are planning our eleventh annual "Learn to/ Love to ski/snowboard program" for 5 – 8th graders on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after school to and from WMS, and is scheduled to run for 5 weeks, January 8 – February 5, 2010. A detailed flyer will be sent out through WMS in early November and will be posted on our website.



Golf Lessons for Juniors

Open to golfers of all skill levels, these classes are intended to provide students ages 7 – 14 with a solid base in the fundamentals of golf, as well as to get them prepared to play and to enjoy the game. The classes are ideal for both beginners who have never played before and for more experienced players who want to improve one or all aspects of their game. The typical class schedule is:
 Class 1: Introduction/Set-up and Swing with Irons
 Class 2: Review/Set-up and Swing with Woods
 Class 3: Pitch Shots and Bunker Play
 Class 4: Chipping and Putting
 Also included during these classes will be work on faults and fixes, drills, rules and etiquette, course management and strategy, some computer video swing analysis, and much more. Students can bring their own clubs, or Golf Quest will provide them for you. A 7-iron and 5 iron will be used during class 1 and clubs for other sessions will be discussed during class. Fee is \$110.00 for any one month of four classes. All classes meet 4:30 – 5:30 p.m. at Golf Quest, 1 Sand Cut Road.

September: Wednesdays – 9/16, 9/23, 9/30, 10/7

October: Thursdays – 10/15, 10/22, 10/29, 11/5

November: Mondays – 11/9, 11/16, 11/23, 11/30

December: Tuesdays – 12/8, 12/15, 12/22, 12/29

Successful Study Skills for the Middle School Student

Good study skills and strategies can mean the difference between failure and success in school. These abilities become more and more vital as workloads increase for students moving through middle and high school. In this one-day overview program students will be introduced to organizational and study strategies along with time management guidelines and test taking tips. Students will leave with several handouts to help them put these guidelines into action in the real world. This is a limited small group session taught by an experienced teacher of Study Skills.

Day: Saturday Time: 10:00 a.m. – 12:00 p.m.

Date: 10/17 Fee: \$35.00

Place: Tutoring Club, 270 Federal Road

Instructor: Susan Taylor, Study Skills Instructor

Youth Employment Program

Pretty soon those leaves are going to be piling up in your yard! You need a night out of the house, but have no one to watch your children! Our Youth Employment Program consists of young ladies and gentlemen that are looking to help you out, and make some money in the process. A list of services includes not only babysitting and raking, but shoveling, weeding, mowing, house and pet sitting, washing cars, household chores, and helping you clean out that garage or attic you keep saying you're going to get to. For a list of interested workers, and for students seeking employment, please contact Donna Korb at dkorb@brookfield.org, or call 775-7310.



New ~ Beginning Ballroom Ages 12 - 15

Look out "Dancing With the Stars!" Students age 12 – 15 now have the chance to learn basic steps and movements in ballroom and Latin dance, learning at least two dance styles during each class. Students should wear closed-toe leather soled shoes or ballroom dance shoes and long hair needs to be pulled back in a ponytail or bun. Sign up with a buddy to dance with or one will be assigned to you during class.
 Day: Tuesday Time: 5:15 – 6:00 p.m.
 Place: WMS- Cafeteria Fee: \$65.00/person
 Dates: 9/29 – 11/24 (8 wks)-no class 11/3
 Instructor: Galina Andracchio

College Planning 101: Introduction to Admissions

Your student is beginning the college planning process. But where do you start? PSAT first? Which test should follow, SAT or ACT?--And when? How do you choose schools? When do you visit? What about those endless applications and essays? This seminar gives you a road map to the process based on the experiences of seasoned admissions councilors. It is geared toward the families of current HS Juniors entering the process and sophomores who want a head start. Parent(s) and their student should attend.
 Day: Wednesday Time: 7:00 – 9:00 p.m.
 Date: 10/14 Fee: \$25.00/family
 Place: Tutoring Club, 270 Federal Road
 Instructors: Neil Adam- Academic Director, Admissions Councilor and Bill Gross, Director



Think Snow! We are planning our eleventh annual "Learn to/ Love to ski/snowboard program" for BHS Students on Friday nights to Mohawk Mountain in Cornwall, CT. The program will provide transportation after

school to and from BHS, and is tentatively scheduled to run for 5 weeks, January 8 – February 5, 2010. A detailed flyer will be sent out through BHS in early November and will be posted on our website.

Join our email list! Log onto www.brookfield.org/pnr/index.htm and click on the icon to receive monthly updates on Parks & Recreation programs and events of your choice.

Youth Basketball Leagues

All basketball programs are canceled on 12/26/09, 1/2/10 and 2/13/10.
Any additional cancellations will be made up at the end of the program.

Iddy, Biddy Basketball – Grade 1

Children in first grade will practice the basic skills of basketball including dribbling and passing in a fun, non-competitive atmosphere. All children will receive an iddy biddy basketball T-shirt.

Day: Saturday Dates: 1/9 – 2/27 (7 wks)
Time: 11:00 a.m.- 12:00 p.m. Fee: \$55.00
Place: Huckleberry Hill School– Upper Gym
Supervisor: Fern Smenyak



Biddy Basketball – Grades 2/3 and 4/5

This educational league is divided into divisions by grade level: A for boys in grades 2 & 3, B for boys in grades 4 & 5, and G for girls in grades 2 – 3 and 4 - 5. Following an evaluation clinic, participants will be placed on teams and compete against other teams in their division, followed by a week or two of playoffs. There will also be open gyms and practices scheduled during weekday evenings starting in January. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Supervisor: Fern Smenyak Fee: \$80.00
Dates: 12/5 – 2/27 (10 weeks) Day: Saturday



Boys Grades 2 – 3 (Biddy A)

Time: 9:00 – 11:00 a.m. on 12/5. Will play for 1½ hours between 8:00 –11:00 a.m. starting 12/12. Meet in the Huckleberry Hill School Upper Gym.

Boys Grades 4 – 5 (Biddy B)

Time: 3:30 – 5:00 p.m. at
Brookfield High School



Girls Grades 2 – 3 (Biddy G 2-3)

Time: 12:00 – 1:30 p.m. at Huckleberry Hill School

Girls Grades 4 – 5 (Biddy G 4-5)

Time: 1:30 – 3:00 p.m. at Huckleberry Hill School

Girls' Basketball - Grades 6 - 9

An evaluation clinic for girls in grades 6 - 9 will be held on December 5, and will be followed by 9 weeks of league play. Teams will play in one game each Saturday, and also have Saturday practice time. Again this year, we will be using adult “patched” referees. Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Dates: 12/5– 2/27 (10 weeks)
Day: Saturday Fee: \$80.00
Time: 1:30 – 3:00 p.m. Place: BHS
Supervisor: Desirae Kolitz

Boys' Basketball – Grades 6/7 and 8/9

An evaluation clinic for boys in grades 6/7 and 8/ 9 will be held on December 5. Teams will be made and will be followed by nine weeks of league play. Teams will play in one game each Saturday, and have scheduled practice time on Saturday as well. Again this year, we will be using adult “patched” referees. **On 12/5, all 6 & 7 graders are to report at 9:00 a.m. until 10:30 a.m. On 12/5, all 8 & 9 graders are to report at 10:30 a.m. until 12:00 p.m.** Adults are needed to volunteer as coaches. If you are able to coach or assistant coach, please let us know when you register.

Dates: 12/5 – 2/27 (10 weeks)
Day: Saturday Fee: \$80.00
Time: 8:00 a.m.- 1:00 p.m. Place: BHS
Supervisors: Steve Kolitz and Jason Maxwell



We are looking for sponsors for all of our youth basketball teams. If you are interested in sponsoring a team, please contact Donna Korb at 775-7310 for more information.

From the Director

We are once again excited to bring you and your family opportunities to create ever-lasting memories. We think you'll agree, that the benefits of taking advantage of Parks & Recreation activities, programs, attending special events, and visiting our park system are crucial in creating a community, making lifelong connections, and creating lifetime memories.

We were once again fortunate to have some of Brookfield's finest high school and college aged young men and women working at several of our camps and waterfront this year. This summer we were pleased to serve over 1500 children ages 3.5 years and up in a variety of fun-filled day camps, over 250 in specialized sport camps, and over 200 in our swim lessons and Muskrat Swim Team.

Our Annual Concert Series was once again a big success. We would like to thank all of those who attended, and especially Flagstar Bank and all of the civic groups, area business and organizations that once again made them possible through their generous contributions.

We will be finally breaking ground on the renovations to the Brookfield Senior Center this September and expect to be back in that location with double the space to work with in about eight months.

Have you been to the High School lately? Check out the "state of the art" athletic facilities, including the newly resurfaced tennis courts, running track, and athletic fields.

Our staff of Recreation and Parks Maintenance Professionals continues to maximize the Department's limited resources by improving upon Brookfield's recreational facilities and programs.

Dennis DiPinto
Director, Parks & Recreation

Community Connection

HOLIDAY TREE LIGHTING

Ring in the Holiday Season with the Brookfield Girl Scouts at their 4th Annual Holiday Tree Lighting on Saturday, December 5, 2009 at the Brookfield Town Hall. The festivities begin at 5:00 p.m. sharp and include caroling, refreshments and pictures with Santa. Rain/snow date is Sunday, December 6.



The Brookfield Arts Commission invites the community to participate in the Third Annual Gingerbread House Contest. Every family, club and business in Brookfield is invited to enter the contest.

The contest is strictly for entertainment purposes and all entries must be "G" rated. Important dates: Entries will be accepted at Town Hall from Monday, November 30, through Saturday December 5 when the judging takes place. Our professional team of judges will award certificates in a variety of categories and all participants will receive a certificate of recognition. The entries will then remain on display through out the month of December. Look for more details in the Housatonic Times or our website: www.brookfieldartscommission.org.

Youth Sport Contacts and Information

Brookfield Baseball & Softball Association (BBSA)

www.leaguelineup.com/Brookfield

Steve Harding, President 770-4424
Field Cancellation Hotline 775-5238

Brookfield Lacrosse Club

www.brookfieldlax.org

Kevin Madden, President 775-4434
Field Cancellation Hotline 775-5240

Brookfield Soccer

www.brookfieldsoccer.org

Registration Hotline 775-7336
Field Cancellation Hotline 775-5239

Brookfield for Youth Football

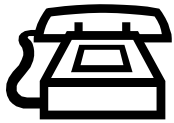
www.bfyf.net

Kyle Sanborn 775-0171
Field Cancellation Hotline 775-5241

Frequently Requested Phone Numbers

Boy Scouts	Ray Pflomm	775-8167
Brookfield Baseball & Softball	Field Hotline	775-5238
Brookfield Education Foundation (BEF)	Carol Does	775-8965
www.brookfieldeducationfoundation.org		
Brookfield for Youth Football & Cheer	Kyle Sanborn Field Hotline	775-0171 775-5241
Brookfield Lacrosse	Kevin Madden Field Hotline	775-4434 775-5240
Brookfield Soccer	Field Hotline	775-5239
Candlewood Lake Authority	Larry Marciano	860-354- 6928
CT DEP Boating Div.		860-434- 8638
Conservation Commission	Alice Dew	740-2419
Garden Club	Jan Stanco	775-0357
Girl Scouts	Julie Blick blickjulie@charter.net	740-9015
Lion's Club	Joe Rocky	775-4340
MOMS Club® of Brookfield West	Christine Hand	546-8099
momsclubofbrookfieldwest@yahoo.com		
Brookfield Newcomers and Neighbors	www.brookfieldnewcomers.com	
P.O. Box 263		
Rotary Club	Russ Cornelius	775-8010
Senior Center	Ellen Melville Gail Pellis	775-5308
Women's Club of Brookfield	Betty Ziegler	775-2279
Youth Employment	Donna	775-7310

How to Register



By phone when paying by VISA, Master Card, or American Express. Call 775-7310 and press 3 to speak with a staff person. Register for all fall programs Monday, September 14.



By mail, complete the registration form below, and mail to the Parks & Recreation Dept. along with your check or credit card information. Enclose a self-addressed stamped envelope if you would like a receipt. You may mail in your registration for fall programs at any time.



In person at the Brookfield Municipal Center, 100 Pocono Road. The Parks & Recreation Office is open Monday through Friday, 8:30 a.m.-4:30 p.m. When you enter the Town Hall, make a right, and we are the last office on the left. You may

REGISTRATIONS

- 1) Will be accepted in person, by mail, or over the phone on a first come, first served basis. Full payment must accompany registration.
- 2) If you would like a receipt from a mail-in registration, enclose a self-addressed, stamped envelope.
- 3) A \$25.00 charge will be assessed on any returned checks.
- 4) **Non-Brookfield accommodated beginning 2 weeks prior to the start of a program with**

program has begun, unless a substitute can be found by this

- 3) Absolutely no refunds will be given for any used portion of a program.
- 4) Administrative

CLASS INFORMATION

The Brookfield Parks & Recreation Department follows the

release from school, evening classes will also be canceled.

✂ Cut and mail with payment to:

Brookfield Parks & Recreation P.O. Box 5106 Brookfield, CT 06804

Make check payable to: Town of Brookfield

BROOKFIELD PARKS & RECREATION REGISTRATION FORM

Responsible Person: _____

Home Phone: _____

Address: _____

Work Phone: _____

City: _____ State: _____ Zip: _____

E-mail: _____

Program Title	Session	Registrant's Name	D.O.B.	Grade-Fall 09	Fee
			/ /		
			/ /		
			/ /		
			/ /		
			/ /		

Total: _____

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do covenant for myself, my child, our heirs and assignees at all times to keep the said Parks and Recreation Commission and the Town of Brookfield free, harmless and indemnified from any and all liability for any injury myself/my child might sustain as a result of said participation.

Responsible Person Signature: _____ Date: _____

Payment Information: Cash: \$ _____ Check: \$ _____ Check #: _____ Initials: _____

Credit Card (circle one)	Amount	Card Number	Exp. Date	Auth. Number	Initials
M/C Visa Amex	\$ _____	_____	/	_____	_____